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Fitvids Home Gym

Fitvids Home Gym Equipment 122LBS Black - Instruction Manual

Multifunctional Full Body Workout Weight Machine Station

Introduction Safety Package Contents Setup Operating Maintenance Troubleshooting Specifications Warranty & Support

1. Introduction

Thank you for choosing the Fitvids Home Gym Equipment. This multifunctional weight machine is designed to provide a comprehensive full-body workout in the comfort of your home. Featuring a 122.5 LBS weight stack, a versatile pulley system, and a seated rowing station, this equipment supports various strength training routines for all fitness levels. Please read this manual thoroughly before assembly and use to ensure safe and optimal operation.

2. Safety Information

WARNING: Serious injury or death can occur if safety precautions are not followed.

- Consult a physician before beginning any exercise program.
- Keep children and pets away from the equipment during use.
- Ensure all bolts and nuts are securely tightened before each use.
- Inspect cables, pulleys, and all moving parts for wear or damage before each workout. Do not use if any damage is found.
- Use the equipment only on a level, stable surface.
- Wear appropriate athletic footwear and clothing.
- Do not exceed the maximum user weight capacity.
- Perform exercises slowly and in a controlled manner. Avoid sudden, jerky movements.
- Stop exercising immediately if you feel pain, dizziness, or shortness of breath.

3. Package Contents

The Fitvids Home Gym Equipment is packaged in 5 protective boxes. Please ensure all packages are received before beginning assembly. The package includes the main home gym frame, a 122.5 LBS vinyl weight stack, and various attachments and tools for assembly.

Key Components:

- Heavy-duty steel frame (1.5" thick steel tubing)
- Nylon-coated aircraft cables (1000lb test)
- 122.5 LBS vinyl weight stack
- Detachable rod
- Sponge handles
- Calf blocks
- Ankle straps
- Soft, high-density seat cushion
- Assembly tools and video guides

4. Setup and Assembly

Assembly of the Fitvids Home Gym requires careful attention to detail. It is recommended to have two people for assembly, though it can be done alone. All necessary tools are included. Please refer to the detailed video guide provided by the manufacturer for step-by-step instructions.

Assembly Video Guide:

Your browser does not support the video tag.

Official installation video for the Fitvids Home Gym Equipment, demonstrating the assembly process step-by-step.

General Assembly Steps:

1. **Unpack and Organize:** Carefully unpack all 5 boxes. Lay out all parts and hardware, matching them with the provided diagrams. The hardware is typically organized by step number.
2. **Assemble Base Frame:** Connect the main base components using the specified screws and connectors. Do not fully tighten all screws until the entire frame is assembled to allow for adjustments.
3. **Install Weight Stack Rods:** Securely attach the guide rods for the weight stack to the base frame.
4. **Load Weight Plates:** Carefully slide the 122.5 LBS weight plates onto the guide rods. Ensure correct orientation and placement of the selector rod.
5. **Attach Upper Frame:** Connect the upper frame components, including the top pulley assembly, to the main vertical frame.
6. **Install Seat and Backrest:** Attach the seat and backrest cushions to their respective supports.
7. **Assemble Press Arms and Leg Developer:** Install the press arms, leg developer, and any other accessory attachments.
8. **Route Cables:** This is a critical step. Follow the cable routing diagrams precisely. Each cable has a specific path through the pulleys. Incorrect routing can cause malfunction or damage.
9. **Final Tightening:** Once all components are in place and cables are routed, go back and securely tighten all bolts and nuts.
10. **Test Functionality:** Slowly test all functions of the machine to ensure smooth operation and proper cable tension.



Overview of the Fitvids Home Gym Equipment with key components labeled.



Diagram showing the dimensions of the Fitvids Home Gym: 80 inches high, 76 inches wide, and 42 inches deep.



Close-up view of the 122.5 LBS weight stack with individual weight plates.

5. Operating Instructions

The Fitvids Home Gym offers a variety of exercises targeting different muscle groups. Adjust the weight stack by inserting the pin into the desired weight plate. Ensure the pin is fully inserted before beginning any exercise.

Exercise Functions:

- **Lat Pulldowns:** Use the top pulley with the long bar attachment to target your back muscles.
- **Butterfly Chest Press/Fly:** Utilize the dual-action press arms for chest exercises.
- **Seated Rowing:** Attach the short bar or handle to the lower pulley and use the foot plate for seated rowing to work your back and biceps.
- **Bicep Curls:** Use the preacher curl pad and lower pulley for isolated bicep training.
- **Leg Extensions/Curls:** The leg developer allows for both leg extensions (quadriceps) and leg curls (hamstrings).



Illustration of chest training exercises using the press arms.



Illustration of arm training exercises, including bicep curls with the preacher curl pad.



Illustration of back training exercises, including lat pulldowns and seated rowing.

Illustration of leg training exercises, including leg extensions and leg presses.

6. Maintenance

Regular maintenance is essential to ensure the longevity and safe operation of your Fitvids Home Gym.

- **Cleaning:** Wipe down the equipment with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Lubrication:** Periodically lubricate moving parts, especially the guide rods for the weight stack, with a silicone-based lubricant to ensure smooth operation.
- **Inspection:** Regularly check all bolts, nuts, and connections for tightness. Inspect cables and pulleys for any signs of fraying, cracks, or wear. Replace worn parts immediately.
- **Storage:** Store the equipment in a dry, climate-controlled environment to prevent rust and damage.

7. Troubleshooting

If you encounter any issues with your Fitvids Home Gym, refer to the following common troubleshooting tips:

- **Jerky or Rough Cable Movement:**
  Possible Cause: Insufficient lubrication, incorrect cable routing, or worn pulleys.
  Solution: Lubricate guide rods and pulleys. Re-check cable routing against the diagram. Inspect pulleys for damage and replace if necessary.
- **Loose or Wobbly Frame:**
  Possible Cause: Bolts and nuts are not sufficiently tightened.
  Solution: Systematically check and tighten all assembly bolts and nuts. Ensure the equipment is on a level surface.
- **Weight Plates Sticking:**
  Possible Cause: Guide rods are dirty or not lubricated, or plates are misaligned.
  Solution: Clean and lubricate the guide rods. Ensure weight plates are properly aligned and not catching on any part of the frame.
- **Missing Parts During Assembly:**
  Possible Cause: Packaging error or parts misplaced during unpacking.
  Solution: Double-check all packaging materials. Contact customer support with your purchase details and the specific part numbers needed.

8. Specifications

Feature	Detail
Brand	Fitvids
Model Number	Home Gym
Color	Black
Material	Metal (1.5" thick steel tubing)
Product Dimensions (D x W x H)	42"D x 76"W x 80"H
Tension Level / Weight Stack	122.5 lbs (vinyl weight stack)
Cable Type	Nylon-coated aircraft cables (1000lb test)
Handle Type	Sponge handle
Strap Type	Cable/Pulley straps

Included Components	Home Gym, detachable rod, sponge handles, calf blocks, ankle straps

9. Warranty and Support

The Fitvids Home Gym Equipment comes with a**2-Year Warranty**. This warranty covers manufacturing defects and ensures the product is free from defects in materials and workmanship under normal use and service.
For warranty claims, technical support, or to order replacement parts, please contact Fitvids customer service through the retailer where the product was purchased. Please have your proof of purchase and product model information ready.
Additional protection plans may be available for purchase from your retailer.

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